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Optimize Your Shirodhara Treatment Experience - Guidelines for Before and After

Preparing for Your Shirodhara Session:

- **Schedule Considerations:** Post-treatment rest is crucial. Ensure you have enough relaxation time after your Shirodhara appointment.
- **Mind and Senses Cleansing:** Post-treatment, engage in tranquil activities. Avoid bustling environments like crowded places, cafes, restaurants or any kind of events to foster mental peace.
- **Dietary Advice:** Eat a light meal before your session. Shirodhara can affect digestion, so a full stomach is not recommended.
- **Apparel Selection:** Expect oil in your hair; wear something old and comfortable that you don't mind getting oily.

Treatment Day Recommendations:

- **Hair Preparation:** Avoid dyeing or conditioning your hair beforehand.
- **Post-Treatment Hair Care:** Washing your hair soon after the session is advisable, especially in hot, humid weather to remove excess oil.
- **Head Covering:** Depending on the weather, bring a head covering for post-treatment (old scarf, sarong, or shower cap), something oil-resistant.
- **Weather Considerations:** Extremely cold or windy conditions might necessitate rescheduling your treatment.



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Effective Hair Washing Post-Shirodhara:

Oil Removal Technique: For oily hair, apply shampoo before water. This helps efficiently remove the oil.

Post-Treatment Lifestyle Adjustments:

- **Caffeine Reduction:** For several days post-treatment, avoid caffeine. Opt for juice, fresh fruit, or hot water instead.
- **Dietary Habits:** Maintain a light diet, avoiding raw or cold foods post-treatment.
- **Post-Treatment Avoidances:** Refrain from activities like excessive sun exposure, indulgence in sexual intercourse, physical strain, strong wind, excessive sleeping and late nights for a duration equal to your treatment period.

Essential Self-Care Tips:

- **Balanced Diet and Lifestyle:** Opt for whole grains, fresh fruits, vegetables, quality proteins, and dairy. Avoid caffeine.
- **Routine Maintenance:** Align your eating and sleeping patterns with natural day/night cycles.
- **Regular Meditation:** Embrace meditation for mental clarity and relaxation, akin to the benefits of Shirodhara.

Thank you for booking with AyuForLife Koh Phangan.

Questions? Message +66 612270010.

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